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'gooped Up' Fettuccini, Alfredo-style

My Rating:

Recipe #91552

My wife, Glenda, found the basic recipe for this attached to a bunch of asparagus, and everything kinda grew from there.

by Toby Jermain

30 min 10 min prep 2-3 servings 4-6 appetizer servings Change

- 12 ounces uncooked **dry fettuccini** or **fresh fettuccini** (or other 'long' pasta)
- 3 tablespoons **extra virgin olive oil**, divided
- 1 bunch **asparagus**, rinsed,trimmed,and cut in 1 inch pieces (about 1-1/2 lb, or more as desired)
- 1/4 lb deli **prosciutto**, sliced 1/16 inch thick,cut in about 1/4 inch squares (we use Boar's Head , about)
- 1 lb medium to **large shrimp**, cooked,peeled,deveined,and each cut in 2 to 3 pieces
- 3-4 **scallions**, cut in 1/2 inch pieces (green onions)
- 2-6 cloves **garlic**, thinly sliced,to taste
- 2-3 ripe **plum tomatoes**, seeded and cut in 1/4 inch dice (Roma)
- 1 cup **heavy cream**, about
- 1/2 cup **butter**
- 6-8 ounces **stravecchio cheese** or good quality **parmigiano-reggiano cheese**, shredded or freshly grated,plus additional for passing
- **salt & freshly ground black pepper**
- **green salad**, as accompaniments
- hot **ciabatta**, as accompaniments
- **butter**, as accompaniments

Not the one? See other 'gooped Up' Fettuccini, Alfredo-style Recipes

1. Bring 1-1/2 gallons of heavily salted water to a full rolling boil in a large pot, and add 1 Tbsp olive oil.
2. If using dry pasta, add pasta, and cook for 10-12 minutes, until almost al dente.

Nutrition Facts

Calculated for **1 serving** (943g)
Recipe makes 2 servings

The following items or measurements are not included below:
1/4 lb prosciutto
stravecchio cheese

Calories 1969
Calories from Fat 1102 (55%)

Amount Per Serving	%DV
Total Fat 122.5g	**188%**
Saturated Fat 62.3g	311%
Polyunsat. Fat 9.7g	
Monounsat. Fat 42.2g	
Trans Fat 0.1g	
Cholesterol 774mg	**258%**

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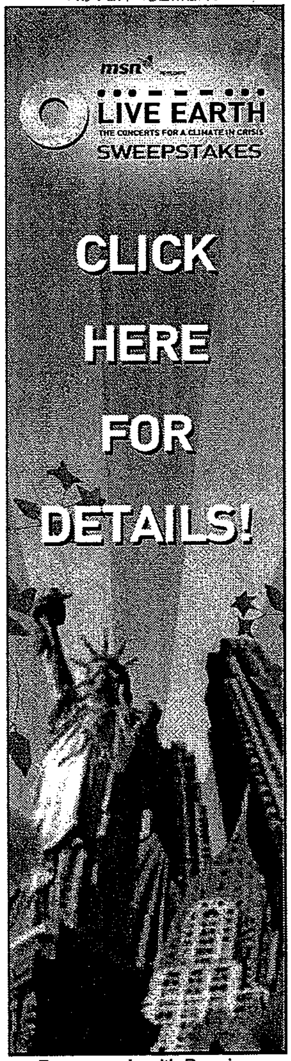

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Margherita

	Product Name	Size	UPC Code
	Margherita Deli Pepperoni Stick	APX 1/2 LB	20835730000
	Margherita Deli Prosciutto Boneless (Regular Sliced)	APX 1/2 LB	20817290000
	Margherita Deli Prosciutto Boneless (Thin Sliced)	APX 1/2 LB	20817290000
	Margherita Deli Salami Genoa (Regular Sliced)	APX 1/2 LB	20815930000
	Margherita Deli Salami Genoa (Thin Sliced)	APX 1/2 LB	20815930000
	Margherita Deli Salami Genoa Vacuum Pack (Regular Sliced)	8 OZ PKG	3861631611
	Margherita Deli Salami Hard (Regular Sliced)	APX 1/2 LB	20815940000
	Margherita Deli Salami Hard (Thin Sliced)	APX 1/2 LB	20815940000
	Margherita Deli Salami Hard Vacuum Pack (Regular Sliced)	8 OZ PKG	3861631610

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Asparagus & Prosciutto Tart

Prep Time: **15 minutes**
Cook Time: **25 minutes**

Ingredients

- 1/2 package (17.3 oz.) frozen puff pastry (1 sheet)
- 2 cups DI LUSSO® Deli Baby Swiss Cheese , finely shredded
- 1 pound fresh asparagus spears, woody bases removed, washed and dried
- 2 ounces DI LUSSO® Deli Prosciutto ,thinly sliced, cut into julienne strips
- 2 tablespoons olive oil

Directions

Preheat oven to 375°F. On a clean, lightly floured surface, unfold puff pastry. Gently roll into a 16"x10" rectangle. Transfer pastry onto a parchment lined baking sheet. Using a paring knife, cut a 1/2" border around the outside edge of the pastry sheet. Top pastry with the cheese, asparagus spears and prosciutto. Lightly drizzle olive oil over the asparagus and prosciutto. Bake for 25-30 minutes or until puff pastry is golden brown and asparagus is tender when pierced with the tip of a knife. Let tart cool slightly. Cut tart into small squares for appetizer portions. Makes about 40 appetizer portions.

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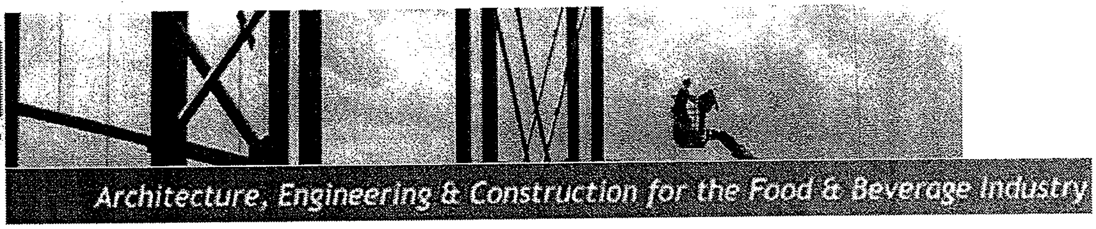
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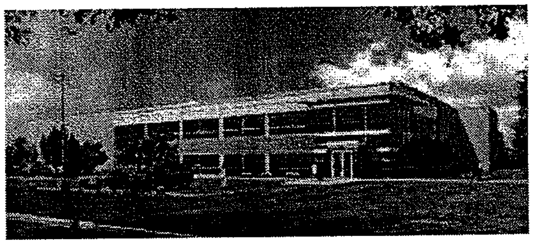
Tulkoff



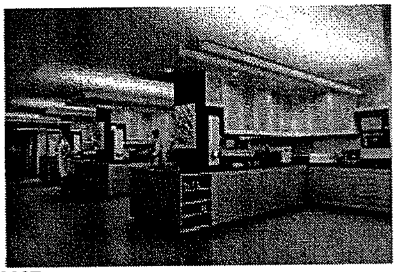
Tulkoff Food Products

April, 2007
Tulkoff Food Products, established in the late 1920's, is a leading producer of horseradish products and condiments in the US. CMC was selected to design and construct Tulkoff's new state of the art 85,000 square foot processing and distribution facility. The facility includes a 2 million pound capacity horseradish root storage freezer, four filling and packaging lines, cooler for finished goods, refrigerated shipping docks, and a 17,000 square foot corporate office. Construction commenced March, 2007. Completion is expected in late 2007.

Currently at CMC

Coca-Cola

SIEGEL EGG CO., INC.



April, 2007
Coca-Cola Bottling Co. of Northern New England has commissioned CMC to design and construct an expansion to their Londonderry, NH production center. The expansion includes approximately 33,000 square feet of warehouse space and a 2,000 square foot state of the art Quality Control Room. Construction is scheduled to commence in April, 2007 and be completed for the summer of 2007.

COLONY FOODS INCORPORATED

April, 2007
Colony Foods, Inc., a full-line food service distributor based in Lawrence, MA, selected CMC to design and construct an expansion to their existing distribution facility. The 17,000 square foot expansion includes a refrigerated shipping dock as well as additional freezer, cooler, and dry storage to complement their existing storage areas. Construction began in November, 2006 and will be completed in late spring of 2007.

April, 2007
Siegel Egg Co., Inc., a food service distributor based in Cambridge, MA, selected CMC to design and construct the renovation of a 165,000 square foot distribution facility in Billerica, MA. The renovation includes the construction of nearly 70,000 square feet of cooler, freezer, and refrigerated docks that are serviced by a new energy efficient central Freon refrigeration system. Construction began in December, 2006 and was completed in March, 2007.

MONTEBELLO

April, 2007
Montebello Food Corporation has contracted with CMC to design and construct their new distribution facility in Brooklyn, NY. The 45,000 square foot facility will include a cooler, freezer, and dry storage area, as well as an interior loading dock. Construction is scheduled to begin in May, 2007 and be completed during the winter of 2008.

April, 2007
Daniele, Inc., one of the world's leading producers of Italian style gourmet deli products, selected CMC Associates to design and construct its new Slicing Facility at their Pascoag, RI location. The new Slicing Facility is necessary to keep pace with the growing demand for Daniele's value added productsand was recently completed in April, 2007. This is a continuation of a relationship between Daniele and CMC during which several projects have been completed

CAREER OPPORTUNITIES
CMC is currently accepting resumes for the following positions:
- Project Managers & Assistant PMs
- Superintendents & Assistant Supers
Visit the Careers at CMC to find out more

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Vlado Dukcevich

Inheriting his parents' enterprising spirit and work ethic, Vlado Dukcevich, Stefano and Carolina's youngest son, joined the company. After years of studying the craft in Germany and Parma, Vlado was destined for great things in the family firm. Except for one problem. He was restless. Vlado wanted bigger challenges, and set his sights on new horizons. So in 1977 he moved his family to Pascoag, Rhode Island, to open an Italian specialty meats business in the United States.

The early going was tough. Most Americans had never heard of the products Vlado was making. Some even thought prosciutto was pronounced "pros-ki-utto." Selling "pro-shoot-o" in America was harder than Vlado had ever thought. But he stuck to it. And thanks to his hard work, Americans were treated to a delicate, sumptuous slice of prosciutto they had never tasted before. Not to mention the mortadella, salame, sopressata, pancetta and all the rest of the items Daniele made!

Daniele now sells to some of the finest delis and supermarkets throughout the country, and even exports to Latin America and several countries in Asia. Vlado's two sons, Stefano and Davide, joined the company in recent years, ensuring that future generations will be treated to the family's delicious products.

To taste the tradition, please look for the Daniele castles next time you're in your local deli or supermarket. Not sure where to find our products? Click on where to find us.

EN ESPANOL

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TooJay's Gourmet Deli is one of the two full service caterers on campus providing superior products to the UCF community. Our dedication to complete customer satisfaction is evident in our attention to detail and presentation.

Any Event:

With our vast menu selection TooJay's Original Gourmet Deli has the ability to cater any event. From corporate meetings to banquets in the Union, TooJay's should be your first choice when looking for a flawless event.

Procedure:

For events using the Catering Guide selections, please book your event at least 10 days in advance to allow for proper planning. For events needing special planning or food selections not published in the Catering Guide, we recommend booking at least two weeks in advance.

Guaranteed Number

A guaranteed number is required 24 hours prior to events. A guaranteed number is the minimum number of guests for whom you will be charged. If you go over your guaranteed number, you will be charged accordingly. If we do not receive a guaranteed number by noon three business days prior, the estimated number given at the time of the booking becomes the guaranteed number.
For events inside the Student Union, please contact Event Services at 407-823-3677 with your guaranteed number. For all other events, please contact TooJay's Gourmet Deli at 407-249-9475.

Breakfast/Brunch

The Continental ....$4.98 per person
Assorted bagels, muffins and Danish pastries accompanied by cream cheese, butter and jelly

Deluxe Continental ....$6.24 per person
Fresh fruit platter served with assorted bagels muffins and Danish pastries accompanied by cream cheese, butter and jelly.

Quiche and Fruit ....$7.49 per person
Your choice of broccoli & cheese, spinach, ham & cheese, or bacon & cheese quiche. Served with fresh fruit.

Smoked Fish Platter............................$14.94 per person
Any combination of Nova salmon, whitefish, sable and kippered salmon served with fresh baked bagels, cream cheese, lettuce, tomato & onion.

Hot Breakfast Buffet

Scrambled Eggs with Home Fries ....$7.49 per person
Served with assorted breads & bagels

Scrambled Eggs with Home Fries and Choice of Bacon Sausage or Ham ....$8.74 per person
Served with assorted breads & bagels

Egg Sandwiches with Home Fries............$7.49 per person
Served on a bagel or Kaiser roll with choice of ham, bacon or sausage

Breakfast Wraps with Home Fries ....$8.74 per person
Scrambled eggs, choice of meat and choice of cheese rolled in a soft flour tortilla.

Lite Scramble Wrap with Fresh Fruit......$8.74 per person
Egg whites or egg beaters scrambled with onions and green pepper topped with salsa.

Blintzes ....$4.06 per person
Served with sour cream and choice of fruit topping.

French Toast with syrup ....$7.49 per person

TooJay's Eggs Benedict with Home Fries ....$8.74 per person

Orange juice or coffee with any of the breakfast selections $1.26 per person.

Luncheon

TooJay's Box Lunches ....$9.36 per person
Choice of sandwich accompanied by potato salad or cole slaw, pickle, chips and a bakery treat.

Assorted Sandwich Platter ....$9.36 per person
Premium deli-cut corned beef, roast beef, ham, salami and turkey, as well as our specialty tuna, chicken and egg salads. Sandwiches cut into thirds and served with potato salad, cole slaw and pickles.

TooJay's Specialty Wrap Platters............$9.36 per person
Any combination of specialty wraps rolled in soft tortilla and served with fresh fruit. *Turkey, turkey Caesar, chicken Caesar, Greek, ham, brie & onion, ham & cheese roast beef, tuna, California, or specialty shrimp (add $2.00)*

Amanor Deli and Bakery (Closed) $

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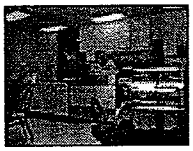

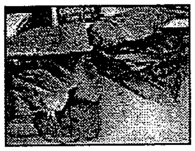

Mediterranean and Euro style sandwiches, fresh baked bread and pastries

Reviewer: Jason
Total Reviews: 893
Reviewed: 7/16/2005
Rating: 8
My photo gallery

Thanks to Eli for submitting Amanor Deli and Bakery. I figured I was in Mountain View for lunch and wanted a light lunch. Amanor is about 1 block north of Castro on El Camino Real. There's plenty of parking so you dont have to worry about looking. I dont know how long Amanor has been around but Im guessing about a month or so. We walked in and the smell of fresh bread and pastries made my mouth water.

The couple behind the counter were extremely friendly and willing to let us sample some food. All the bread is made fresh in the morning and easy to see why it tastes so good. The menu boasts an adequate breakfast and lunch/dinner selection ranging from pastries, sandwiches, to baked goods. I ordered the pastrami on 3 seed bread.

meat - deli cut meat, good serving of meat, its much better than the stuff you get at Subway or Togos.

veggies - fresh, romaine lettuce was a deep green, onions were thin cut, tomatoes were ripe. looking good all around

3 seed bread - easily the best part of the sandwich. Personally I think the bread is what separates good sandwiches from ordinary ones. Bread was airy, light tasting, outer bread was crunchy and inside was moist.

Overall the sandwich was delicious. Amanor Deli and Bakery is a great choice for a light lunch, my sandwich tasted healthy and prices were reasonable. For the folks who need a little indulgence, you have to try their pastries. I tried their Pistachio Cream Cheese pastry and it was great. With fresh tasting food and friendly service, Amanor Deli and Bakery deserves a visit. They also offer catering services so be sure to anonymously email your manager or admin assistant.

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Spring 2004

Let's Do Lunch

Are your kids tired of sandwiches? Let your imagination soar

Your child's lunch doesn't have to be the same old sandwich. In fact, it doesn't have to be a sandwich at all. Leftovers or a collection of favorite ingredients can work just as well.

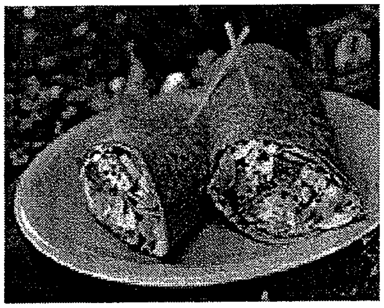
"Pack little things and let your children put them together," says Allison Morrow, a registered dietitian at Children's Medical Center Dallas. She suggests cherry tomatoes, chunks of pineapple, pieces of cheese and slivers of ham. Include pretzel sticks and a water bottle and you've covered the main ingredients of the ready-made lunch kits. But when you make it yourself, you control what's in it.

One commercial boxed lunch has 800 calories and 38 grams of fat.

Morrow suggests going for quality rather than quantity. Skip American cheese in favor of fresh mozzarella. Pack fresh fruit and nonfat vanilla yogurt for parfaits. Add a slice of datenut bread and a little cream cheese.

Don't forget to send milk money. "Buying milk at school is a healthy option since most schools offer low-fat varieties," says Morrow, "even if it's chocolate milk."

Confetti Wraps



1 ounce ham
(two or three slices of deli-cut ham)
1 ounce turkey
(two or three slices of deli-cut turkey)
1 ounce Swiss cheese
(two slices of deli-cut cheese)
1 hard-cooked egg, chopped
4 leaves of romaine lettuce,
about 1 cup finely shredded
1/4 cup fresh yellow bell pepper, finely
chopped 1/4 cup red onion, finely sliced and chopped
1/4 cup cucumber, peeled, seeded and finely chopped
1 tomato, seeds removed, chopped
1 small carrot, grated
2 tablespoons reduced-calorie thousand island dressing
2 large colorful sun-dried tomato wraps

Tightly roll ham slices and cut into thin strips. Do the same with turkey and Swiss cheese. Toss with chopped and shredded vegetables for a mix that looks like confetti. Pack it in a plastic bowl, with tortilla wraps and dressing on the side. Have your kids assemble it when they're ready to eat. Put a tablespoon of dressing on a large tortilla wrap and mound "confetti" on top. Roll and enjoy.